

SECTION IV. INSTRUCTIONAL OBJECTIVES

Orientation and Assessment

UNIT 22, Module 22.1: Instructional Time: 4 hours

22.1.1 Participate in an individual self-assessment evaluation comprised of the following:

- Timed 1.5 mile run or 1 mile walk
- Flexibility exercises (such as sit and reach) for hamstring and back
- Baseline number of push-ups
- Baseline number of sit-ups

No Test

22.1.2 Demonstrate self-monitoring techniques for use in an individual exercise program such as the following:

- Heart rate
- Perceived exertion

No Test

22.1.3 Identify major injuries that might disable a corrections officer, such as:

- Knee injuries
- Back injuries

No Test

22.1.4 Complete a 50-yard sprint within 20 seconds.

BST #35

22.1.5 Demonstrate ability to drag a 165 lb. weight (dummy) for a distance of 20 feet or more over a carpeted or flat, mowed grass surface within 30 seconds.

BST #36

22.1.6 Demonstrate ability to walk a total distance of 75 feet (three 25-foot laps) within 30 seconds wearing a 30 pound airpack or weighted backpack.

BST #37

22.1.7 On a flat course starting 15 yards back from a flight of stairs or bleacher steps, walk or jog the 15 yards, climb up 10 steps, then turn, climb back down the steps, and walk briskly or jog back to the starting point within 30 seconds.

BST #38

Techniques and Practice

UNIT 22, Module 22.2: Instructional Time: 17 hours

Note: Instructional time not to exceed 2 hours in any one day. Resistance training to be performed with at least forty-eight hours in-between sessions.

Practice dragging a 165 lb. weight (dummy) by the following techniques:

- Perform initial practice on 150 lb or lesser weight if assessment shows difficulty performing this task
- Grasp dummy by “wrists” or under the arms of the dummy
- Maintain a straight back
- Bend knees and position majority of weight bearing on the quadriceps
- Tilt face upwards to assist with keeping back straight
- Avoid ballistic movements (short bursts of movement)
- Practice using smooth movements
- Drag (versus lift) dummy

Practice walking 75 feet (three 25-foot laps) within 30 seconds wearing a 30 pound airpack or weighted backpack using the following techniques:

- Cinch weight closely against body to prevent weight swinging back and forth
- Practice with padded straps on backpack or equipment
- Maintain a smooth stride so weight does not jostle against body
- If using a weight inside a backpack, wrap weight in towels or other soft fabric to avoid sharp edges digging into trainee’s back

Practice running the 50 yard sprint using appropriate pacing.

Practice the stair climb using appropriate pacing.